

2400 Route 97  
Cocksville, MD 21723

# KINDRED SPIRITS SOCIAL CLUB

## at Glenwood



**September, 2019**

*By all these lovely tokens September days are here,  
With summer's best of weather  
And autumn's best of cheer.*

*~ Helen Hunt Jackson*

### Just a Reminder:

**HOURS 9 AM - 1 PM**  
**Monday, Wednesday,  
and Friday**

#### IMPORTANT NUMBERS

Judy Miller  
(410) 313-5441  
Chris at Front Desk  
(410) 313-5440  
Regional Transit Agency  
1-800-270-9553  
Maryland Access Point  
(410) 313-1234  
Alzheimer's Association  
(410) 561-9099

As the weather turns warmer, it is often cool in the building so please bring a sweater or light jacket to the program.

**Sick Policy:** If the participant is feeling ill or has a fever, please do not send him/her to the program.

If you can't attend for any reason, please leave a message at 410-313-5441 or email jumiller@howardcountymd.gov, abryant@howardcountymd.gov, or bmcandrew@howardcountymd.gov

**Inclement Weather Policy:** When Howard County Public Schools are closed or delayed 2 hours, Kindred Spirits is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV, call the Inclement Weather Line at 410-313-7777 or contact the center at 410-313-5441 to hear a recorded message regarding center operations.


### Caregiver Corner

**The Walk to End Alzheimer's** will be held on **Saturday, September 28** at Centennial Park. Registration begins at 9a.m. You can find more information about donating and/or forming a team at [www.alz.org/maryland/walk](http://www.alz.org/maryland/walk). The Department of Community Resources and Services, of which Office on Aging and Independence is a part, has formed a walking team. To donate to or join the HOCO DCRS team go to [https://act.alz.org/site/TR?team\\_id=544549&fr\\_id=12610&pg=team](https://act.alz.org/site/TR?team_id=544549&fr_id=12610&pg=team).

**"Master Aging: Engage, Educate and Inspire"** is a conference-style event with seminars, exhibitors and entertainment for the 50+ community. This new format replaces the 50+EXPO, and will take place on **Saturday, October 19** from 10 a.m. to 3 p.m. at a new location: the campus of Howard Community College (HCC) in Columbia. Visit the website for details about the day at [www.howardcountymd.gov/masteraging](http://www.howardcountymd.gov/masteraging).

# Kindred Spirits Social Club at Glenwood

## September 2019

Monday	Wednesday	Friday
<b>2</b>  <b>Center Closed</b> <b>Labor Day</b>	<b>4</b>  Coffee & Conversation Qi Gong Music with MaryAnn Lunch	<b>6</b>  Coffee & Conversation Holocaust Survivor Story Lunch
<b>9</b>  Coffee & Conversation Exercise with Margaret Library Program Lunch	<b>11</b>  Coffee & Conversation Qi Gong Wheel of Fortune Lunch	<b>13</b>  Coffee & Conversation Gentle Yoga Music with Steve Flynn Lunch
<b>16</b>  Coffee & Conversation Exercise with Margaret History of Broadway Lunch	<b>18</b>  Coffee & Conversation Qi Gong Music with Ray Lunch	<b>20</b>  Coffee & Conversation Gentle Yoga Clara Barton's Washington Lunch
<b>23</b>  Coffee & Conversation Exercise with Margaret Music with Peter Lunch	<b>25</b>  Waffle Bar Coffee & Conversation Qi Gong Support Group Lunch	<b>27</b>  Coffee & Conversation Gentle Yoga Word Game Crab Feast
<b>30</b>  Coffee & Conversation Exercise with Margaret Music with Debbie Lunch		 <b>LABOR DAY</b>

If you need this publication in an alternate format, call 410-313-5442  
 or 410-313-5441. To request a sign language interpreter or other  
 accommodations to attend an event, please call one week in advance.